

The **WELLNESSWORKS** Program invites you to participate  
in our **QUARTERLY STEPS CHALLENGE**

# STEP INTO WINTER CHALLENGE

Step up to maintain your health,  
increase your immunity against the  
flu and common cold and get moving  
to start the Holiday Season.

## ENROLL

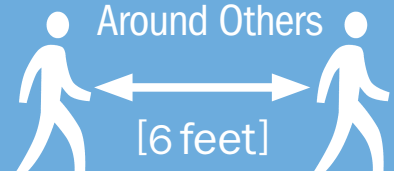
AvMed members visit  
[www.healthyroads.com](http://www.healthyroads.com)  
to enroll

- Select **Challenges**
- Click “**Step Into Winter Challenge**”

## THE CHALLENGE

TAKE 200,000  
STEPS OVER  
4 WEEKS

Keep Your  
**Social Distance**  
Around Others



## CONNECT

Connect a compatible device  
to track your progress:

- Select **My Health Tab**,  
followed by **Connected**

## EARN POINTS

Upon completion of the challenge,  
you will receive 25 points toward  
your 75 point goal for the quarter.  
For each quarter in which you earn  
75 points you will be entered to win  
one of the many \$250 wellness  
rewards (subject to payroll taxes.)

REGISTRATION  
**OPENS**  
OCTOBER 12

CHALLENGE  
**RUNS**  
OCTOBER 18  
THROUGH  
NOVEMBER 14

**COMING SOON**

**2021  
WALK  
AROUND  
THE  
WORLD  
POLE TO POLE  
CHALLENGE**

**REGISTRATION OPEN  
SEP 14 - NOV 15, 2020**

## MORE INFO

For more information contact  
[WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)

Presented by Human Resources and the Benefits and Employee Support Services Division

